



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19013, Snacks, fruit leather, pieces

Report Date: June 26, 2017 15:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package 27g	1 packet (.75 oz) 21g
Proximates							
Water	g	12.30	8	0.676	3.49	3.32	2.58
Energy	kcal	359	--	--	102	97	75
Energy	kJ	1504	--	--	426	406	316
Protein	g	1.00	8	0.084	0.28	0.27	0.21
Total lipid (fat)	g	2.68	--	--	0.76	0.72	0.56
Ash	g	1.20	8	0.143	0.34	0.32	0.25
Carbohydrate, by difference	g	82.82	--	--	23.48	22.36	17.39
Fiber, total dietary	g	0.0	4	0.000	0.0	0.0	0.0
Sugars, total	g	57.58	4	2.507	16.32	15.55	12.09
Minerals							
Calcium, Ca	mg	18	2	--	5	5	4
Iron, Fe	mg	0.75	2	--	0.21	0.20	0.16
Magnesium, Mg	mg	14	7	0.949	4	4	3
Phosphorus, P	mg	24	6	3.157	7	6	5
Potassium, K	mg	164	7	6.462	46	44	34
Sodium, Na	mg	403	7	27.419	114	109	85
Zinc, Zn	mg	0.19	--	--	0.05	0.05	0.04
Copper, Cu	mg	0.171	--	--	0.048	0.046	0.036
Manganese, Mn	mg	0.184	--	--	0.052	0.050	0.039
Selenium, Se	µg	2.7	--	--	0.8	0.7	0.6
Vitamins							
Vitamin C, total ascorbic acid	mg	56.0	7	0.000	15.9	15.1	11.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package 27g	1 packet (.75 oz) 21g
Thiamin	mg	0.043	--	--	0.012	0.012	0.009
Riboflavin	mg	0.100	1	--	0.028	0.027	0.021
Niacin	mg	0.100	1	--	0.028	0.027	0.021
Pantothenic acid	mg	0.319	--	--	0.090	0.086	0.067
Vitamin B-6	mg	0.300	--	--	0.085	0.081	0.063
Folate, total	µg	4	--	--	1	1	1
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	4	--	--	1	1	1
Folate, DFE	µg	4	--	--	1	1	1
Choline, total	mg	12.9	--	--	3.7	3.5	2.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	2	2	1
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	34	--	--	10	9	7
Carotene, alpha	µg	1	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	58	--	--	16	16	12
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	51	--	--	14	14	11
Vitamin E (alpha-tocopherol)	mg	0.56	--	--	0.16	0.15	0.12
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	18.2	--	--	5.2	4.9	3.8
Lipids							
Fatty acids, total saturated	g	0.650	--	--	0.184	0.176	0.137
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.010	--	--	0.003	0.003	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package 27g	1 packet (.75 oz) 21g
16:0	g	0.340	--	--	0.096	0.092	0.071
18:0	g	0.300	--	--	0.085	0.081	0.063
Fatty acids, total monounsaturated	g	1.480	--	--	0.420	0.400	0.311
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	1.480	--	--	0.420	0.400	0.311
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.550	--	--	0.156	0.149	0.116
18:2 undifferentiated	g	0.430	--	--	0.122	0.116	0.090
18:3 undifferentiated	g	0.120	--	--	0.034	0.032	0.025
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	4	0.000	0	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0